



## BAGELS

<b>THE NUTTER</b>	<b>25/28</b>
peanut butter / almond butter	
<b>BREAKFAST BAGEL</b>	<b>45</b>
cream cheese, scrambled egg & bacon	
<b>SMASHED AVO &amp; EGG</b>	<b>45</b>
<b>SMASHED AVO &amp; BACON</b>	<b>48</b>
<b>C.T.O</b>	<b>40</b>
cheese, tomato & onion	
<b>CREAM CHEESE &amp; SALMON</b>	<b>59</b>
cream cheese, salmon & capers	
<b>THE B&amp;B</b>	<b>48</b>
red pesto, hummus, mozzarella, rocket & caramelized onions	
<b>THE JOSHIE</b>	<b>55</b>
chicken mayo, rocket & avo	
<b>SMOKEY CHICKEN</b>	<b>40</b>
smokey chicken mayo	
<b>VEGGIE BAGEL</b>	<b>48</b>
roasted butternut, feta, toasted pumpkin seeds & rocket	

## WRAPS

<b>CHICKEN</b>	<b>55</b>
red pesto, mayo, salad & chicken	
<b>VEGGIE</b>	<b>55</b>
roasted butternut, feta, toasted pumpkin seeds, sun dried tomatoes & hummus	

## SALADS

<b>CHICKEN SALAD</b>	<b>60</b>
grilled chicken breast, danish feta, cherry tomatoes, avo, mixed lettuce, roasted pumpkin seeds with balsamic glaze	
<b>TUNA SALAD</b>	<b>55</b>
sun dried tomatoes, danish feta, rocket, crispy onion sprinkles, roasted sesame seeds with a balsamic glaze	
<b>VEGGIE SALAD</b>	<b>55</b>
roasted butternut, feta, toasted pumpkin seeds & rocket	

## COFFEES

flat white  
americano  
espresso  
cortado  
latte  
decaf  
choccocino  
hot chocolate  
assorted teas  
dirty chai  
chai latte  
red cappuccino

## SMOOTHIES

<b>JUST DAVE</b>	<b>35/40</b>
milk, yoghurt, strawberries, blueberries, banana, almonds, mint & honey	
<b>THE BONE CRUSHER</b>	<b>35/40</b>
banana, espresso, rolled oats, cocoa powder	
<b>TOASTED COCONUT &amp; FIG</b>	<b>35/40</b>
toasted coconut, dried fig, almond milk, almond butter, banana, cocoa powder & vanilla	
<b>THE NITA</b>	<b>35/40</b>
yoghurt, almonds, toasted coconut flakes, blueberries & honey	

## FRESH JUICES

<b>one ingredient</b>	<b>25</b>
<b>two ingredients</b>	<b>30</b>
<b>three ingredients</b>	<b>35</b>